

## State Final Competition Entry Requirements

Only one entry from each Sub-Chamber

Exhibitor's own recipe to be used

Cake to be 500 gram (1lb) mixture

Recipe must include approx. 2.25kg of  
fruit consisting of:

- Currants (whole)
- Sultanas and raisins (cut)
- Mixed peel, cherries and nuts  
(optional)
- Prunes and Figs not permitted

To be baked in a 25.5cm (10 inch) square  
tin ONLY

For more information please contact the  
Competition Co-ordinator:

Mr Richie O'Neill

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OR

Queensland Shows

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# Australia's Traditional Dark Rich Fruit Cake Cooking Competition



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## Queensland Shows

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## Dark Rich Fruit Cake

### About the Competition

This competition is a real test of skills in the art of baking a *Dark Rich Fruit Cake* for those who wish to maintain a heritage culture which has been renowned for generations.

A set recipe is not provided - exhibitors are permitted to use their own tried and proven recipe in accordance with the Queensland Shows Rules.

The competition begins at the exhibitor's local show. Once winning at local level, exhibitors are eligible to compete in the Regional final. No cut cake will be accepted in any competition.

The winner of the Regional final is then eligible to represent the region in the State final which is held during the Royal Queensland Show.

All of the exhibits for the final must be a 500g mixture and are displayed on the Queensland Shows stand at the Royal Queensland Show.

### Recipe 1

(500g or 1lb mixture)

#### INGREDIENTS

500g Sunbeam sultanas  
500g Sunbeam currants  
500g Sunbeam raisins  
250g mixed peel, chopped  
180g red cherries, chopped  
180g blanched almonds, chopped  
2/3 cup sherry or brandy  
500g plain flour  
120g self raising flour  
1/2 teaspoon ground nutmeg  
1 teaspoon ground ginger  
1 teaspoon ground cloves  
500g butter  
500g soft brown sugar  
2 teaspoons vanilla essence  
8 eggs

#### METHOD

Mix together the fruits and nuts and sprinkle with sherry or brandy. Cover and leave for at least 2 hours or preferably overnight. Sift together the flours and spices. Cream together the butter and sugar with essence. Add the eggs one at a time, beating well after addition. Alternatively, add the fruit and flour mixtures. Mix thoroughly. Place the mixture in a prepared cake tin with two layers of brown paper (or foil) and two layers of greased greaseproof paper 10" (25½ cm) square. Bake in a slow oven (130°C-140°C) for approx. 5-6 hours or until cooked when tested. Allow the cake to cool in the tin.

### Recipe 2

(500g or 1lb mixture)

#### INGREDIENTS

500g Sunbeam raisins  
500g Sunbeam sultanas  
500g Sunbeam currants  
125g mixed peel  
125g cherries  
2 cups brown sugar  
2 cups butter  
12 eggs  
3 cups plain flour  
2 teaspoons baking powder  
125g almonds  
1 teaspoon mixed spice  
1 teaspoon cinnamon  
1 teaspoon vanilla  
1 teaspoon lemon essence  
1 tablespoon syrup  
1 tablespoon (small) plum jam  
1 cup rum or brandy

#### METHOD

Soak fruit in rum or brandy overnight. Beat butter and sugar to a cream, add eggs (which have been beaten), add sifted flour, baking powder, spice, salt and a cup of prepared flour mixture, then fold in the fruit. Add a little more flour if it is necessary. If too stiff, add 1/2 cup orange juice. Place the mixture in a prepared cake tin 25½ cm square. Bake in a slow oven (130°C-140°C) for approx. 5-6 hours or until cooked when tested. Allow the cake to cool in the tin.